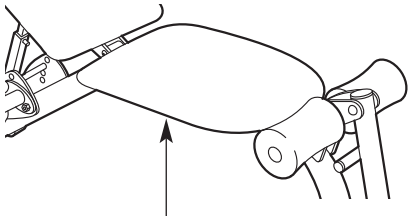
Model No. WEEMBE1326.0
Serial No. _____
Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

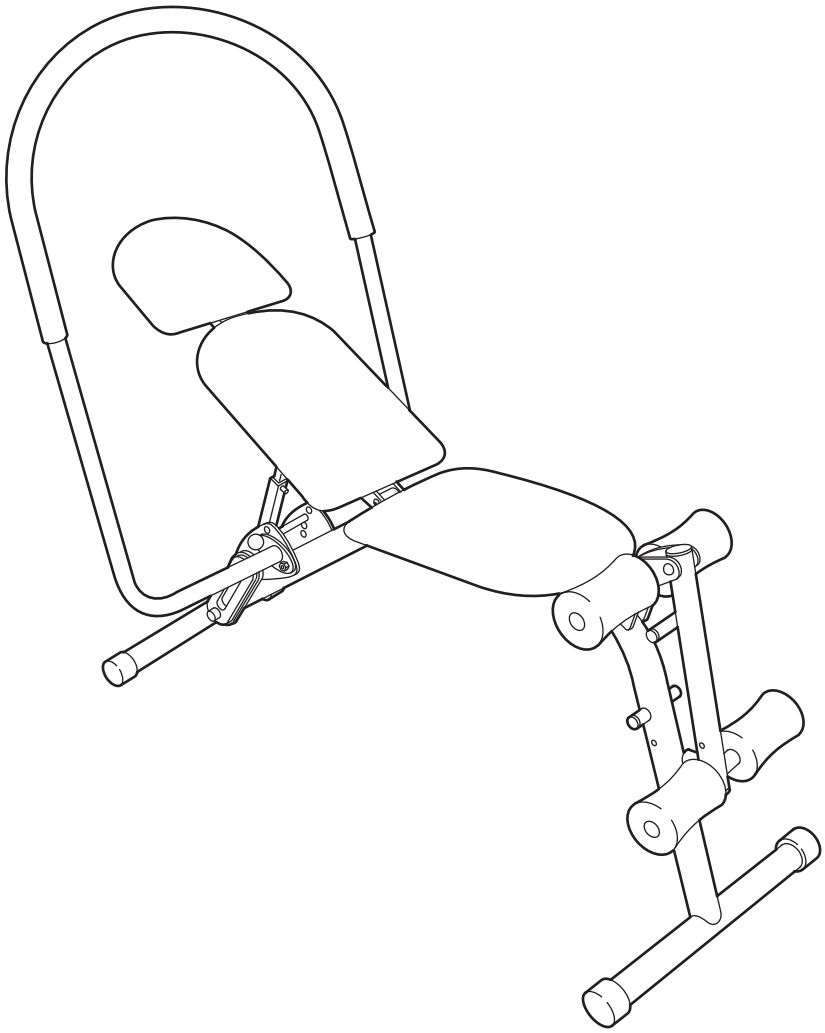
e-mail: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

WEIDER®
AB ARC

USER'S MANUAL



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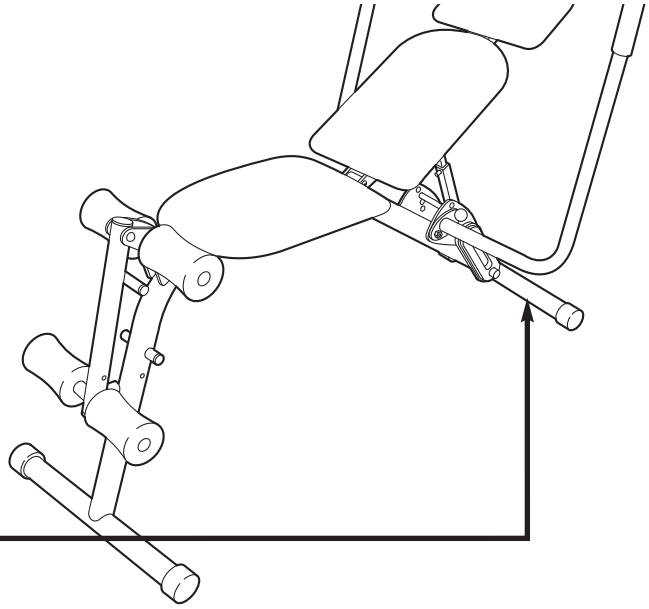
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the centre of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench in the indicated location. If the decal is missing or illegible, call our Customer Service Department toll-free and order a free replacement decal (see the back cover of this manual). Apply the replacement decal in the location shown.

WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.



WEIDER is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual and all warnings on the weight bench before using the weight bench.**
2. **Use the weight bench only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
4. **Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.**
5. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.**
6. **Keep children under the age of 12 and pets away from the weight bench at all times.**
7. **Always wear athletic shoes for foot protection while exercising.**
8. **Keep hands and feet away from moving parts.**
9. **The weight bench is designed to support a maximum user weight of 115 kg (250 lbs.).**
10. **Inspect and tighten all parts each time the weight bench is used. Replace any worn parts immediately.**
11. **Always make sure that all pins are fully inserted and are in the proper position for the exercise you are performing.**
12. **Use only the included resistance bands.**
13. **If you feel pain or dizziness while exercising, stop immediately and begin cooling down.**

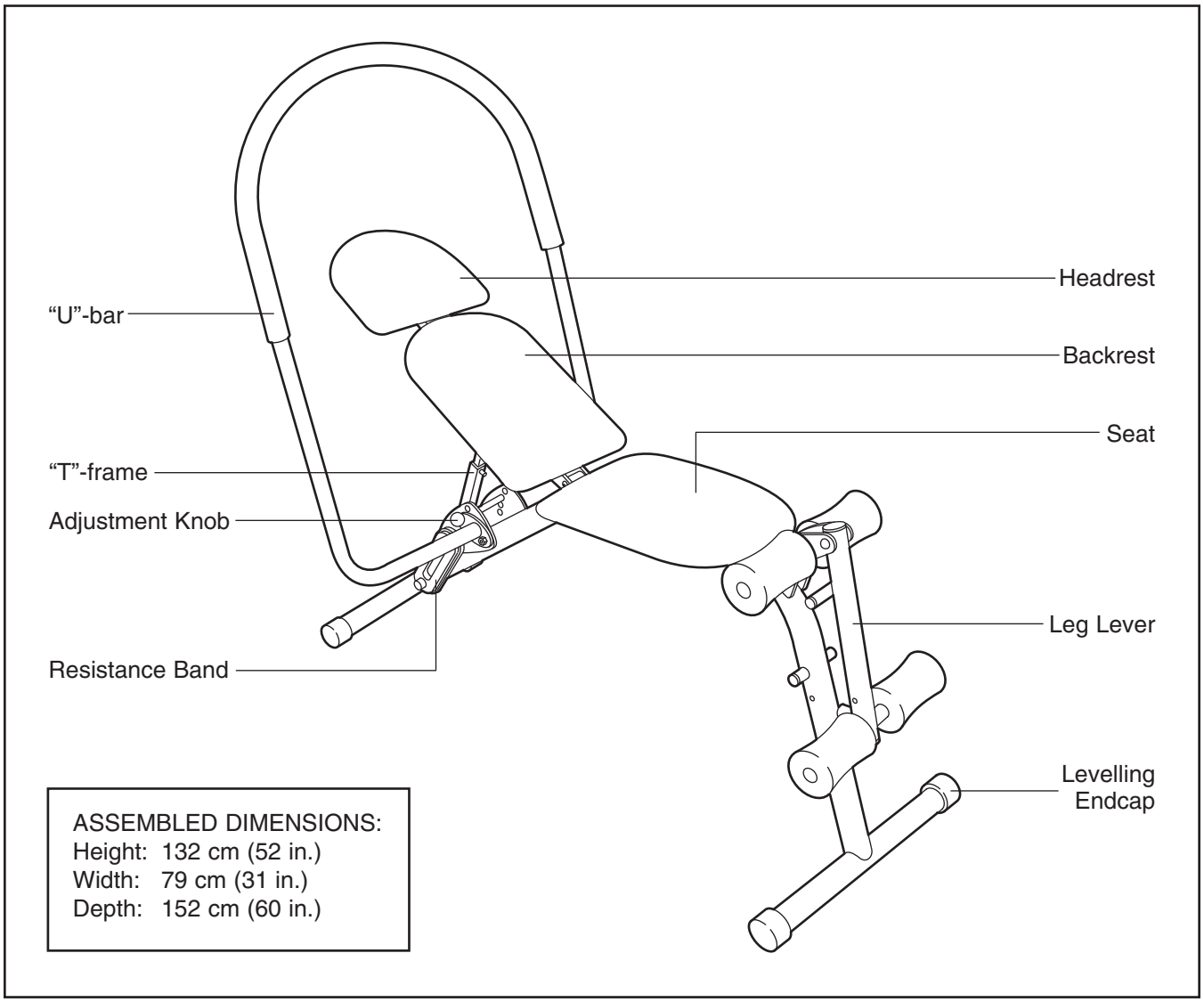
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® AB ARC weight bench. The weight bench is designed to help you develop the major muscle groups of the stomach and legs. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the weight bench will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions, please call the telephone number on the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is WEEMBE1326.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

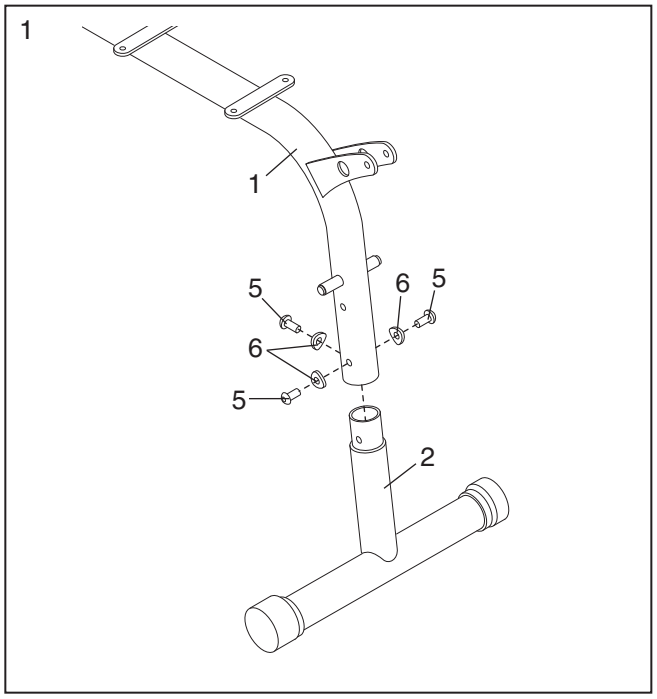
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

In addition to the included tools, a rubber mallet (not included) may be required for assembly.

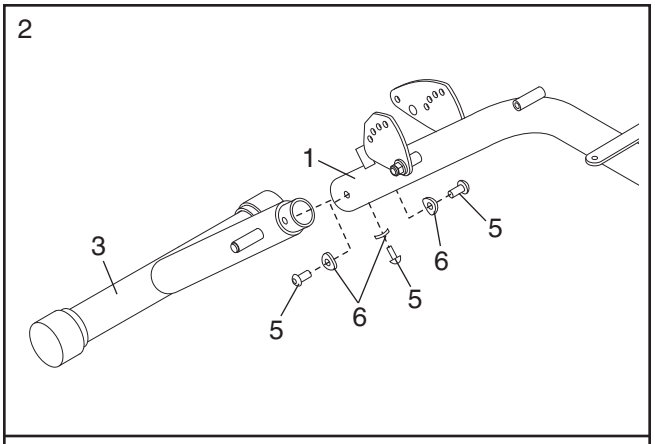
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART in the centre of this manual.**

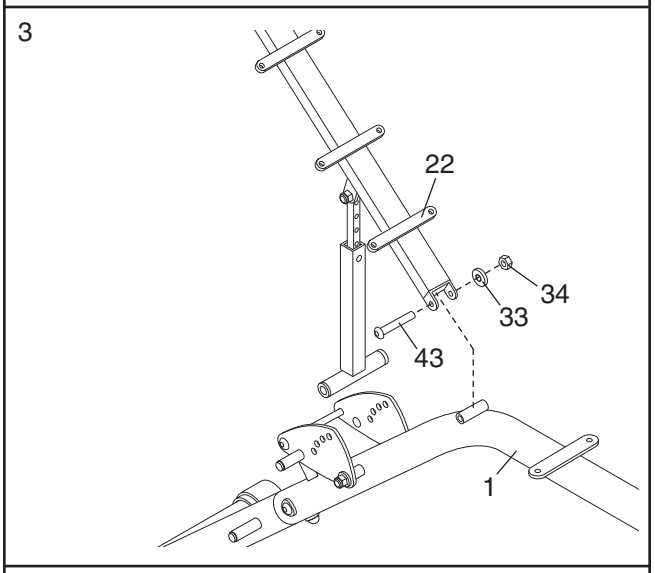
Attach the Front Stabiliser (2) to the Frame (1) with three M8 x 15mm Button Screws (5) and three M8 Curved Washers (6).



2. Attach the Rear Stabiliser (3) to the Frame (1) with three M8 x 15mm Button Screws (5) and three M8 Curved Washers (6).

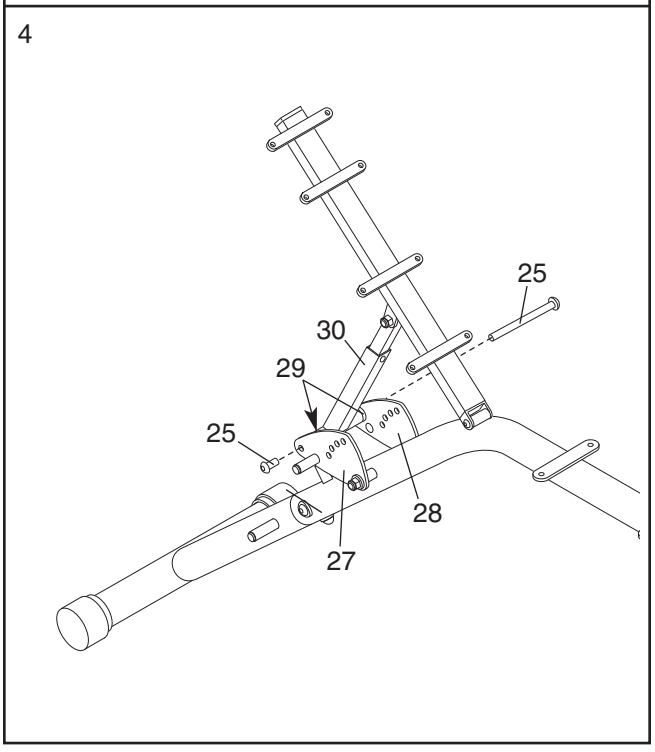


3. Attach the Back Frame (22) to the Frame (1) with an M8 x 60mm Button Bolt (43), an M8 Washer (33), and an M8 Locknut (34). **Do not overtighten the Locknut; the Back Frame must be able to pivot easily.**



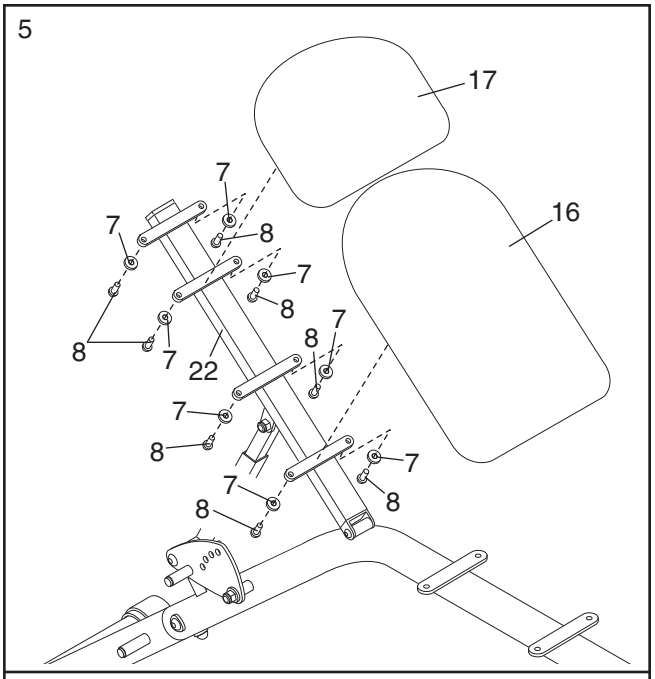
4. Remove the Long Bolt Set (25) from the Right and Left Adjustment Brackets (27, 28).

   Attach the "T"-frame (30) to the Right and Left Adjustment Brackets (27, 28) with two "T"-frame Bushings (29) and the Long Bolt Set (25). **Do not overtighten the Long Bolt Set. Note: The "T"-frame Bushings may be preattached.**

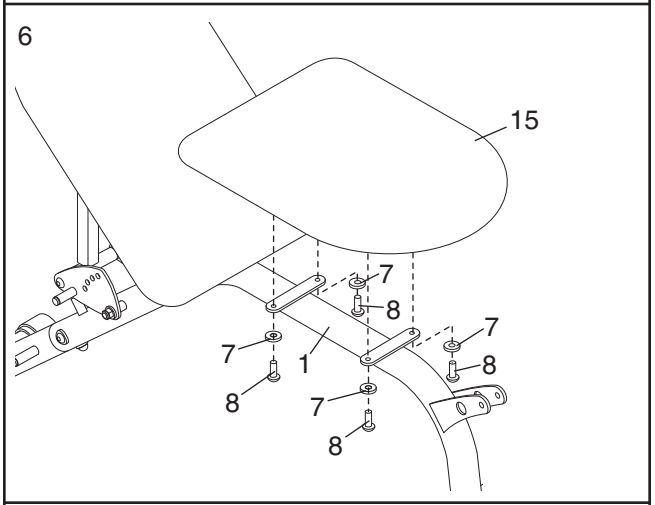


5. Attach the Headrest (17) to the Back Frame (22) with four M6 x 15mm Screws (8) and four M6 Washers (7).

   Attach the Backrest (16) to the Back Frame (22) with four M6 x 15mm Screws (8) and four M6 Washers (7).

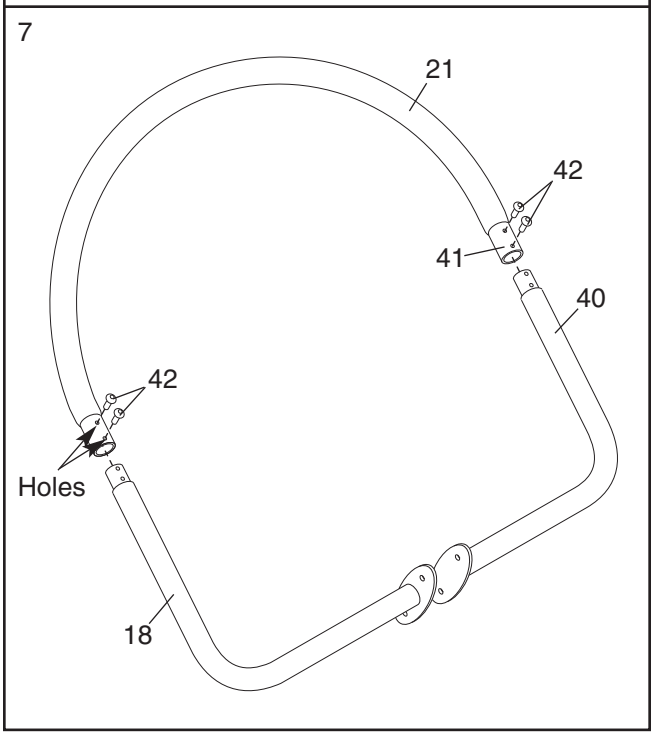


6. Attach the Seat (15) to the Frame (1) with four M6 x 15mm Screws (8) and four M6 Washers (7).



7. Carefully roll both ends of the "U"-bar Pad (21) up the "U"-bar (41) until the indicated holes are exposed at each end of the "U"-bar.

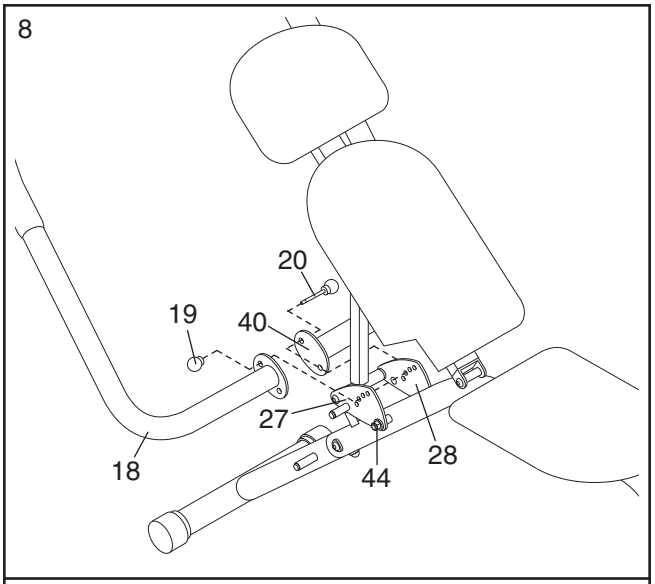
   Attach the Right and Left "L"-bars (18, 40) to the "U"-bar (41) with four M5 x 15mm Flat Head Screws (42). Roll the "U"-bar Pad (21) back over the exposed Flat Head Screws.



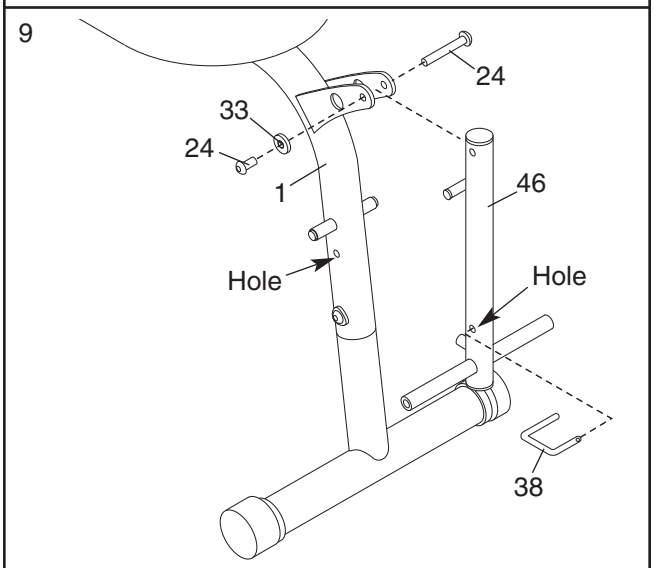
8. Remove the indicated M10 Nylon Locknut (44) from the Right Adjustment Bracket (27). Attach the Right "L"-bar (18) to the Right Adjustment Bracket with the M10 Nylon Locknut. **Do not overtighten the Nylon Locknut; the "L"-bar must be able to pivot easily.**

   Repeat this step with the Left "L"-bar (40) and the Left Adjustment Bracket (28).

   Insert the Adjustment Knob (20) through the holes in the Right and Left "L"-bars (18, 40) and the Right and Left Adjustment Brackets (27, 28). Tighten the Cap (19) onto the Adjustment Knob.

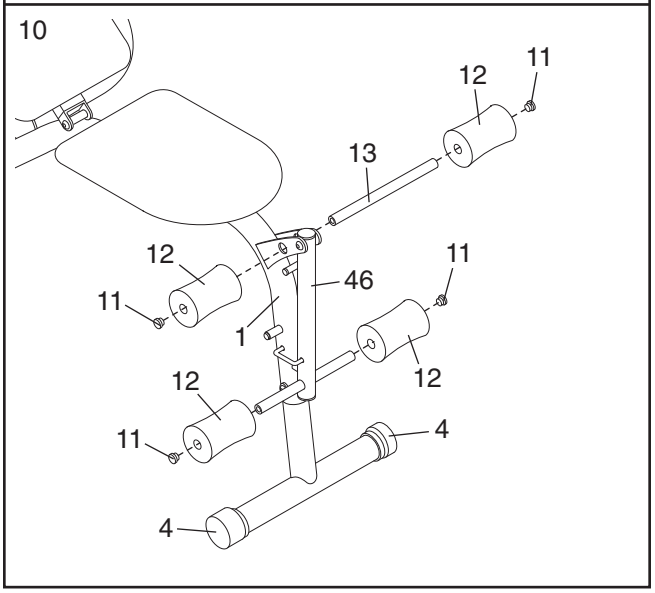


9. Attach the Leg Lever (46) to the Frame (1) with a Short Bolt Set (24) and an M8 Washer (33). Next, insert the Leg Lever Lock (38) into the indicated hole in the Leg Lever and the Frame. **Do not overtighten the Short Bolt Set; the Leg Lever must be able to pivot easily.**



10. Insert the Pad Tube (13) into the indicated hole in the Frame (1). Slide two Foam Pads (12) onto the Pad Tube. Press two Medium Inner Caps (11) into the Pad Tube.

    Slide two Foam Pads (12) onto the Leg Lever (46). Press two Medium Inner Caps (11) into the Leg Lever.



11. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the next page. If the weight bench is not level on your floor, rotate one or both of the Levelling Endcaps (4) until the weight bench is level.

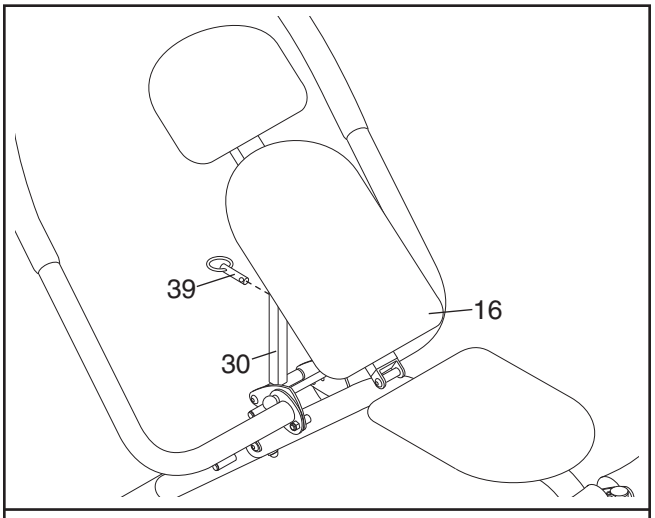
ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 10 for important information about how to get the most benefit from your exercise program.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

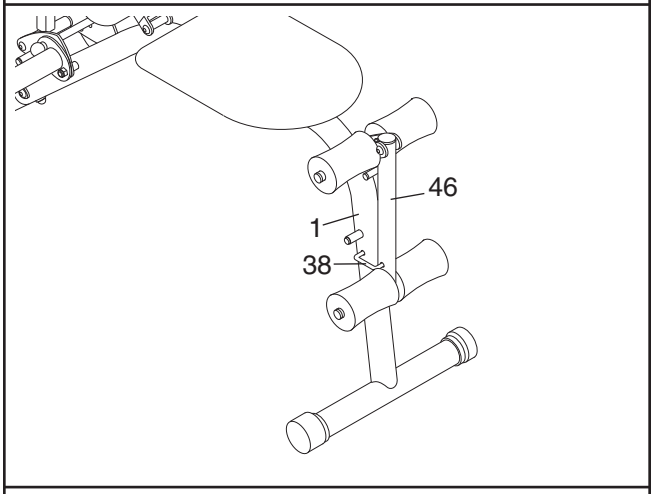
To adjust the Backrest (16), first remove the Adjustment Pin (39). Raise or lower the Backrest, and insert the Adjustment Pin through the "T"-frame (30) and one of the holes in the Adjustment Tube (not shown). **Make sure the Adjustment Pin engages one of the holes in the Adjustment Tube.**



LOCKING AND UNLOCKING THE LEG LEVER

To use the Leg Lever (46), remove the Leg Lever Lock (38).

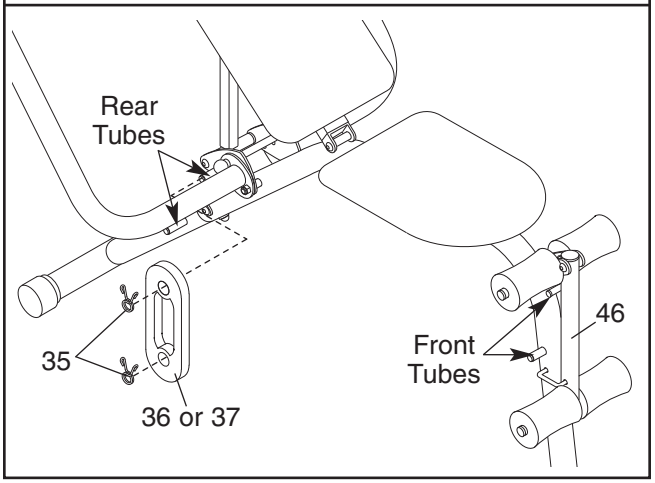
When the Leg Lever (46) is not in use, insert the Leg Lever Lock (38) into the Leg Lever and the Frame (1). **Make sure the Leg Lever Lock is fully inserted into the Leg Lever and the Frame.**



ADDING RESISTANCE TO THE WEIGHT BENCH

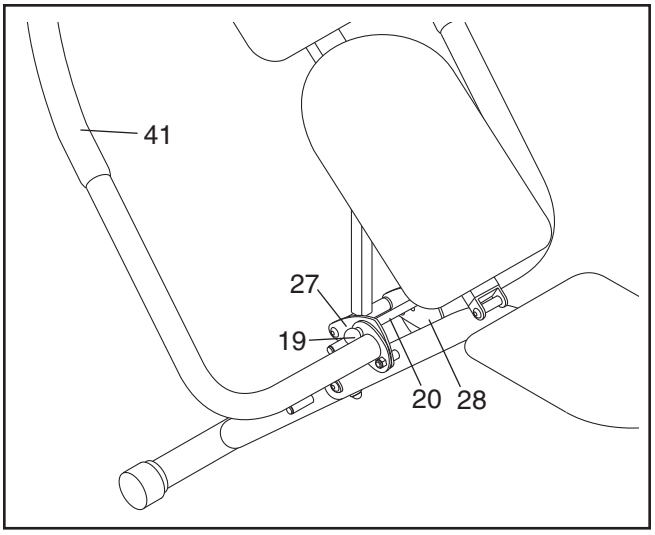
To add resistance to the weight bench, slide an included 5-lb. or 10-lb. Resistance Band (36 or 37) onto the indicated tubes on each side of the rear of the weight bench. Slide a Spring Clip (35) onto each tube.

To add resistance to the Leg Lever (46), slide the Resistance Bands (36 or 37) onto the indicated tubes on each side of the front of the weight bench. Slide a Spring Clip (35) onto each tube.



ADJUSTING THE "U"-BAR

To adjust the "U"-bar (41), first remove the Cap (19) and the Adjustment Knob (20). Move the "U"-bar to the desired position, and insert the Adjustment Knob through the "U"-bar and one of the holes in the Adjustment Brackets (27, 28). Next, tighten the Cap onto the Adjustment Knob.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:
- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:
- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALISING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immedi-

ately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasising areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarising yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. WEEMBE1326.0

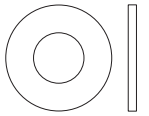
R0206A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	25	1	Long Bolt Set
2	1	Front Stabiliser	26	1	25mm x 32mm Bumper
3	1	Rear Stabiliser	27	1	Right Adjustment Bracket
4	2	Levelling Endcap	28	1	Left Adjustment Bracket
5	6	M8 x 15mm Button Screw	29	2	“T”-frame Bushing
6	6	M8 Curved Washer	30	1	“T”-frame
7	12	M6 Washer	31	1	Adjustment Tube
8	12	M6 x 15mm Screw	32	1	M8 x 40mm Button Bolt
9	8	Small Inner Cap	33	3	M8 Washer
10	2	Large Inner Cap	34	2	M8 Nylon Locknut
11	4	Medium Inner Cap	35	8	Spring Clip
12	4	Foam Pad	36	2	5-lb. Resistance Band
13	1	Pad Bar	37	2	10-lb. Resistance Band
14	1	25mm x 21mm Bumper	38	1	Leg Lever Lock
15	1	Seat	39	1	Adjustment Pin
16	1	Backrest	40	1	Left “L”-bar
17	1	Headrest	41	1	“U”-bar
18	1	Right “L”-bar	42	4	M5 x 15mm Flat Head Screw
19	1	Cap	43	1	M8 x 60mm Button Bolt
20	1	Adjustment Knob	44	2	M10 Nylon Locknut
21	1	“U”-bar Pad	45	2	Rear Endcap
22	1	Back Frame	46	1	Leg Lever
23	1	25mm x 50mm Endcap	47	2	Bracket Bushing
24	1	Short Bolt Set	#	1	User’s Manual

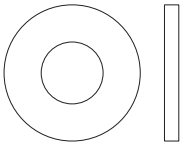
Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

PART IDENTIFICATION CHART

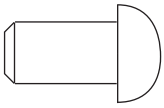
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the centre of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



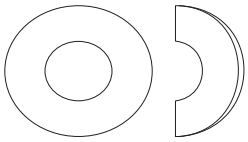
M6 Washer (7)



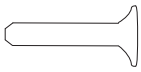
M8 Washer (33)



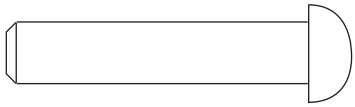
M8 x 15mm
Button Screw (5)



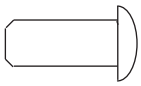
M8 Curved Washer (6)



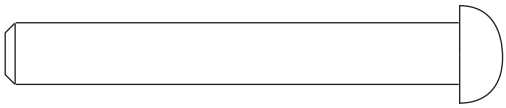
M5 x 15mm Flat
Head Screw (42)



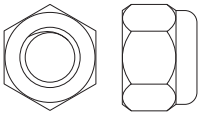
M8 x 40mm Button Bolt (32)



M6 x 15mm Screw (8)



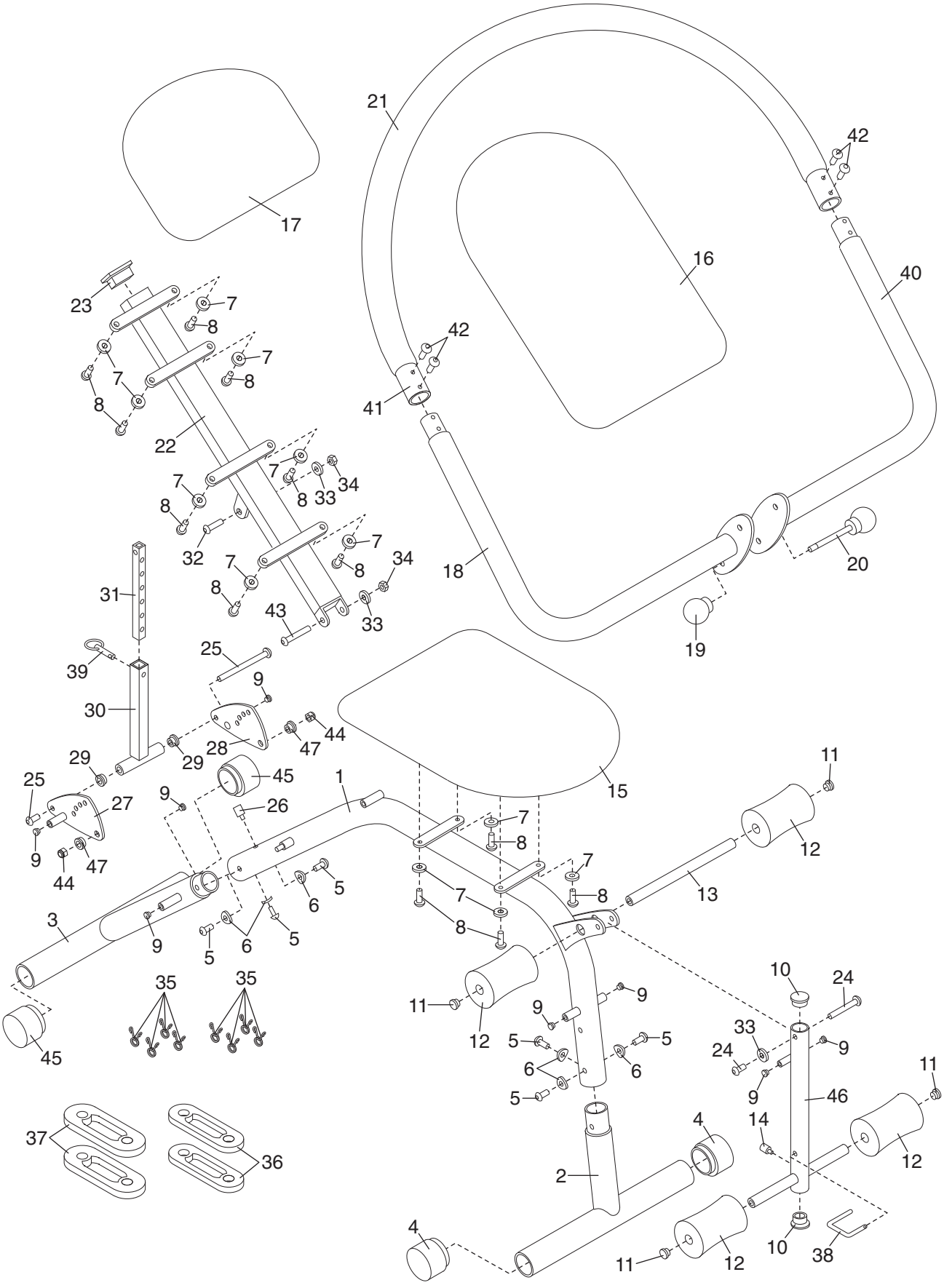
M8 x 60mm Button Bolt (43)



M8 Locknut (34)

EXPLODED DRAWING—Model No. WEEMBE1326.0

R0206A



ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (44) 113 3877 133
Fax: 0 (44) 113 3877 125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEMBE1326.0)
- the NAME of the product (WEIDER AB ARC weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual)

Part No. 238281 R0206A

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